

## **Session 4: Becoming the Best “Me”**

*Supplies for this session: possible art supplies for making masks/weapons*

### **1. Welcome & Check In (5 minutes)**

- Welcome everyone to their fourth session and remind them about the retreat next weekend! They are half way through the Il Shim program!
- Introduce what the session will be about:
  - What it means to be a person of integrity
  - How to balance God’s standard with true love in our society
  - Becoming a person who can impact the world around them
- Share what they can gain from their investment into the session:
  - A vision for the kind of person they want to become
  - An understanding of how our environment impacts us
  - A chance to discover a way to use your personal skills and passions to help others

### **2. Play an Icebreaker (10 minutes)**

*Grade Your Week*

- Ask everyone to think about the past week and choose a letter grade for this week (A would mean they had a great week, C would mean they had an average week)
- Ask them to share about why they chose this grade

### **3. Review the Homework (10 minutes)**

- Have everyone share one new thing they learned about their parents or something that really stuck with them during their interview.
- Have everyone share the ways in which they served their parents and what their parents reaction was.
- Reiterate the main point of the Hon Dok Hae Reading; a person cannot truly be happy without their family.

### **4. Il Shim Session Reading (10 minutes)**

- Read through the “Session 4 Reading.”
- Make sure to read it out loud and to pause between paragraphs to summarize or clarify points.
- Ask thoughtful questions that connect the content to the lives of the participants. Make sure they connect the dots of how this reading can actually make a difference in *their* lives.
- Take turns reading paragraphs so the youth aren’t listening to one person’s voice the whole time.

### **5. Discussion (10 minutes)**

- Who is someone you look up to and what do you admire about them?
- When people talk about you, how do you want to be remembered? What can you do to become that type of person?
- What is one of your greatest passions/interests, and how could you use that to impact the world around you either now or in the future?

### **6. Activity: Building the Best Habits (15 minutes)**

- Tape 4 large pieces of paper on the wall and title them respectively: body, mind, heart, and spirit.
  - If you have a small group you may want to do this at a table with smaller papers instead
- Explain to the youth that an important part of becoming the best version of ourselves is developing good habits that shape us into the types of people we want to be.
- Ask everyone to write down things that they do in each of the four areas listed on the wall that help them be the best versions of themselves. Encourage them to be specific.
- If your youth are having a hard time give them some idea's to get them going. Here are a few to begin with:
  - Body: Playing soccer
  - Mind: Reading books
  - Heart: Giving my Mom a massage
  - Spirit: Going to Youth Group
- After 5-7 minutes have passed give the youth time to look at what was written on the wall and write it down in their notebooks.
- In pairs ask the youth to share about one idea they saw on the wall that they would like to try themselves.

#### **7. Personal Reflection Points (7 minutes)**

- Fill out this survey:
  - \*If you agree with the statement, circle the highest number, lowest if you disagree
  - 1. I always do the right thing, even when it is costly or difficult 1-2-3-4-5
  - 2. I always put my best foot forward 1-2-3-4-5
  - 3. I don't give into temptation 1-2-3-4-5
  - 4. I always keep my promises 1-2-3-4-5
  - 5. Complete the statement: I think I am/ am not a person of integrity because...
- What kinds of friends do you surround yourself with? Are they helping you become a better "me"?
- Make a list of 3 things you can do this week to impact someone or something around you.

#### **8. This Week's Homework (5 minutes):**

- Watch this Divine Principle lecture with your parents by Gerry Servito entitled "What is our Purpose?", [http://dplife.info/blog/view/dojo\\_posts/creation-part-3/](http://dplife.info/blog/view/dojo_posts/creation-part-3/) After watching the lecture, discuss these questions with your parents and write the answers down in your packet:
  - What is indirect dominion and direct dominion/perfection?
  - Why did God give us freedom and responsibility?
  - What are life and "death" elements and how do they impact you?
- Read from the Cheong Seon Gyeong, Book 12, Chapter 3, Section 2: High Noon Settlement and a Life of Resonance (pages 1310-1313). At the end of each paragraph share a summary with your parents about the meaning of that section.

- Use the list of 3 things you came up with during your reflection today to impact the world around you. Accomplish all 3 acts this week and write about what you did and how it impacted the world around you in your packet.

**9. Closing Prayer (3 minutes)**

Offer a prayer focusing on the potential and creativity of each youth and finding ways for them to impact the world around them.

## **Session 5 Reading: Becoming the Best “Me”**

Think for a moment about someone in your life that you look up to. What is about them that makes you respect them and perhaps want to become like them? When we think about some of the well-known people in history who have impacted the world we see a few common qualities. And one of them is their unchanging pursuit of making the world a better place. When we hear stories of people who have overcome insurmountable odds and persevered to be victorious we can't help but feel the tugs of our heart strings. Each of us wants to be part of that kind of story. What if we could be remembered as someone who made a difference in the world? Is it even possible? If so, how?

Father Moon's personal motto for his life is “Before conquering the universe, I must first conquer myself.” Father Moon has done incredible things for God and for the world, so it's clear he knows what he's talking about. But what does it mean to “conquer myself”? It means to become a person of integrity. Having integrity means being a person who is honest and righteous. A person of integrity will do what they know is right even if other's don't agree and will follow their personal moral compass. Many people can talk about what it means to be a good person, but there aren't many people who practice what they preach. We need to become people who can match what they say with what they do.

It can be hard to practice being a person of integrity in our society. Perhaps your friends at school don't have the same values as you. They can put you in a situation where you are being pressured to do or say something you don't want to. Have you ever felt your friends were pushing you to do something even though you felt it wasn't right? That's the effect of peer pressure. And it's not a healthy place to be. You should choose environments where you and your conscience can feel clear. Your friends are some of the most influential people in your life, so it's important to surround yourself with the types of friends that help you become a better person, not the opposite. You have a choice with whom you surround yourself. If you feel like some of your friends aren't good for you it's time to walk away. It may be hard to do at first, but in the end you'll be happier because of it.

In our world it can be hard to stand up for something and that's why we have to practice integrity. But we also have to strike a balance between maintaining a standard of goodness and truly loving others as our brothers and sisters. We may not agree with the lifestyle choices of others, but that doesn't warrant treating them poorly or judging them. God's heart towards all of His/Her children is nothing but love. Even if God may want us to make different choices in our lives He/She gave us free will so that we could create the lives we want. God never judges us or holds things against us. And that's the ultimate standard with which we should hold ourselves up to. We should practice the same type of love towards the people in our lives.

If we can become people of true character who can balance integrity and love, we will also become the people who impact the world around us. We will become the people that others look up to and and aspire to be. We will become the people who can create Cheon Il Guk on earth. True Parents have taught us that we should become “owners of Cheon Il Guk.” An owner is

someone who takes responsibility of something. If you own a car, you take care of it. You fill it up with gas when it's empty, you get oil changes regularly, you clean it, and maintain all of its parts so it runs well. Becoming an owner of Cheon Il Guk means we take care of all its' parts so it runs well. If our physical environment is covered with littered, we clean it up. If the people in our environment aren't treating each other with love and respect, we speak up. If someone is hurting, we lend a helping hand. When our conscience urges us about a particular situation, we do something about it.

One of the most awesome parts of becoming an owner of Cheon Il Guk is that we get the chance to focus on our talents and interests. Each of us has some unique passions and skills that we have developed over the years. Some of you may have a subject in school that you excel in or really enjoy. Some of you may have a passion for sports, technology, music, or one of your hobbies. These are all important parts of what makes you who you are, and God wants you to be excellent in those area's. Becoming an owner of Cheon Il Guk also means that you can use your passions and skills to make the world a better place. If you pursue them, your passions and interests will give you the opportunity to help others and help the world at large.

When people think about changing the world they often think that they can't make any difference. We turn to those who have money, power, intelligence, or are famous and count on them to make the right choices to impact the world. But we shouldn't just count on others to make the world a better place, we have to count on ourselves! God designed each of us with the potential to do great things. Even if you don't think you have much to offer, remember that there is no one in the world like you. You are the only one who can offer your insights, your thoughts, and your impact to the world. The world needs you just the way you are!